ARTISAN Bread Baking

Handcrafted Illustrated Bread Cookbook with No-Fuss Recipes for Perfect Homemade Breads

Flour
Water
Salt
Yeast

Julia Korenivska

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Dedication

To my parents

For raising me to believe that anything was possible

And to my family

For making everything possible

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Introduction

Since time immemorial, human beings have been enjoying bread. Bread traces its history to Ancient Egypt, where the first bread was made around 8000 BC. In those days, grain was crushed using stone as a grinding tool, and the bakers made what we now commonly recognize as tortillas (Mexico) or chapati (India), or flat bread.

Egyptians leveraged their beer brewing expertise and the warm climate to produce the world's first sourdough by combining wild yeast with the bread mixture. In the following centuries, the use of bread continued to spread across different countries, with different communities developing their own versions of bread. For instance, after inventing the water mill in 450 BC, Romans took up bread making as an art and at some point even consumed bread as a status symbol. Wheat bread was beloved by the rich, while the poor ate barley bread.

Fast-forwarding to today, bread is consumed not only to provide our bodies with much needed fiber but also for its pre-biotic properties. In fact, bread has amassed a huge following of enthusiastic fans, especially the true disciples of the gluten-free and low-carb diet trend.

How is Bread Formed?

Bread is the end product of mixing flour, yeast, salt, and water. It is formed by first mixing the dry ingredients before adding the wet ones.

The mixture is then kneaded by hand or with an electric mixer to form dough. With that said, using an electric mixer is more advantageous as it not only saves time but also facilitates the formation of gluten, resulting in much better dough.

After kneading, the next process in bread formation entails leaving the dough in an oiled bowl and covering it for 1 – 2 hours, depending on the room temperature. This process allows the yeast to do its work and letting the dough rise.

The next process in called proofing and it is usually done after the dough has finished rising. It entails punching the dough to release any air pockets that have developed to ensure you have a consistent dough texture. Once done proofing, gently shape your dough into a ball and allow it to rise again for an additional 30–45 minutes.

After that, the dough is ready to be baked for 30 to 45 minutes, depending on the side of your dough and the cooking temperatures. It's the baking that turns the dough into an aromatic loaf of delicious bread. Once ready, allow it to cool in the banking pan for 10 to 15 minutes and then transfer to a cooling rack to finish cooling.

Dough Mixing Methods

There are three major dough mixing methods. They include;

Direct Dough

Also commonly referred to as straight dough method, direct dough is primarily used when you want to prepare lean yeast doughs without any fat. The direct dough mixing method is quick and streamlined, making it one of the most widely used methods for commercial bread making.

Starter Dough or Pre-Fermented

Another commonly used mixing method entails using a starter dough or pre-fermented dough. Basically, starter dough is a stable mixture of wild yeast and beneficial bacteria that is regular refreshed, and it is mainly used to flavor and leaven future dough. If properly maintained, the starter dough can continue indefinitely, allowing you to continue enjoying countless of naturally leavened loaves of bread and other baked goods.

Pre – Cooked Dough

Pre-cooked frozen dough is an excellent option if you are looking to save time and money. This ready-to-go dough is mainly sold in frozen or refrigerated sections of the grocery stores, and it will help you prepare homemade bread within minutes, as it doesn’t require any stirring, rising, and baking from-scratch.

To Knead or Not to Knead

The whole idea behind kneading dough is to form gluten. Basically, gluten is formed when water combines with glutenin and gliadin, which are the two of the major proteins found in wheat flour. Traditionally, kneading entails pressing, folding, and stretching your dough, which helps the different protein parts to merge and align. The more you continue kneading, the more gluten you have. This process is particularly important in the bread making process, as it helps the gluten to trap the gasses produced by the yeast, ultimately

No-Knead Bread

If kneading helps line up proteins and form gluten, it seems contradictory that no-knead bread can still form light, fluffy loaves. However, gluten can form naturally by allowing the dough to ferment for 12 or more hours. This tactic gives both the yeast and the enzymes enough time to work their magic.

The enzymes within the flour break down the proteins, allowing the gas produced by the yeast to inflate the dough and make it rise. Think of it as a slow-motion kneading. If you have the time, fermentation provides a no-fuss option for creating a perfect loaf. The acidification of this process makes the bread easier to digest and sometimes tolerated by those with gluten sensitivities.

Types of Flour

There are several types of flour that you can use for baking. In the interest of time, however, we are going to look at three major types;

All-Purpose Flour

All-purpose flour is refined flour, and it is the most commonly used flour. It comes from whole wheat in which the bran is removed, leaving behind the innermost part of the wheat. This results in a much softer flour stripped of its natural nutrients. However, AP flours usually come enriched with vitamins and minerals.

Self-Rising Flour

Self-rising flour is basically all-purpose flour with a leavening agent, such as baking powder, added.

Whole Wheat Flour

Another type of flour is the whole wheat flour. It is unrefined and rich in fiber and considered healthier than all-purposed flour. Along with that, it also contains bran and wheat germ, which gives it its unique brown color and added nutritional value.

Top 5 Baking Tips

As earlier indicated, baking is an art. As such, there are several tips to keep in mind to ensure you get the very best results.

Use a Digital Scale

One of the most important things to keep in mind when baking is to ensure you have the correct measurements. Having the correct measurements not only helps in determining the cooking time, but it also helps in choosing the baking equipment.

In light of this, weighing out ingredients using a digital scale is more accurate compared to using volumetric measurements. Along with that, it is also important to read the recipe start to finish before you begin cooking.

Room and Cooking Temperature is Key

An inaccurate oven reading can ruin your baked goods. As such, it is super-important to ensure that your oven timer is working properly. Still, if a recipe calls for ingredients at room temperature, make sure you follow suit. Room temperature ingredients emulsify much easier, which creates a uniform texture throughout your baked good.

Steam Your Oven When Baking

Another key element when baking bread is to create steam. This is especially the case when making an artisan bread, as the steam encourages “oven spring,” resulting in taller, lighter loaves of bread. Along with that, steaming the oven also makes the crust crispy.

Store Properly to Keep Off Molds

Yeast is happiest at temperatures of 98 degrees Fahrenheit. However, when kneading your dough, the liquid should be between 135-140 degrees Fahrenheit. And once your bread is ready, allow it to completely cool before packaging to prevent any condensation inside the paper, which may lead to mold.

Use the Right Yeast.

There are three main types of yeast: fresh, fast-acting dried, and active dried. As such, you should check your recipe properly to determine the type of yeast to use.

Basic Bread Recipes

Who said making simple bread at home has to be complicated? In this section, I have prepared some easy basic bread recipes for you. After realizing how *easy* they are to make, you'll never find an excuse not to bake a *loaf*.

Easy Homemade Bread

Preparation Time: 2 hours

Cook Time: 40 min

Servings: 5

Ingredients

- 2 cups warm water 110 degrees F
- 8 tbsp cup white sugar
- 1 1/2 tbsp active dry yeast
- 1 1/2 tsp salt
- 1/4 cup vegetable oil
- 5-6 cups all-purpose flour

Instructions

- Add 1 tbsp of sugar + yeast in warm water, mix. Wait for about 5 min until the yeast become creamy foam.
- Mix 7 tbsp of sugar + salt into the creamy foam. Add 1 cup of flour at a time and mix until you have a tacky dough.
- Knead for 7 more minutes and place the dough in bowl greased with oil, cover it with a cloth and let it rise until it doubles in size. It will take approx. an hour.
- After that knead the dough for 1 more minute and divide in two halves.
- Shape the loaves and place into two greased loaf pans. Let it rise for 30 minutes.
- Bake at 175 degrees for 30-40 minutes.
- Cool and enjoy your bread!

Nutritional facts: Calories 131kcal: Carbohydrates 24g, Protein 2g, Fat 2g, Sugar 4g.

Pineapple Bread

Preparation Time: 20 min

Cook Time: 1 hour

Servings: 12 slices

Ingredients

2 cups flour

1 tsp. baking soda

1 tsp. salt

3 oz. cream cheese, softened

1 cup sugar

2 tsp. vanilla extract

1 egg beaten

1/2 cup sour cream

120 oz can crushed pineapple, drained

Glaze

1 1/2 cups powdered sugar

3 tbsp reserved pineapple juice

Instructions

Mix the flour+ baking soda + salt in a medium mixing bowl.

In a separate bowl, beat egg + sugar + cream cheese + vanilla and mix until smooth.

Add the flour mixture and mix well.

Pour in the sour cream and mix until combined then stir in the crushed pineapple.

Pour into a greased bread pan and bake at 350° F for 1 hour or until a toothpick inserted in the middle comes out clean.

Cool in pan for about 15-20 minutes, and then let it cool on a wire rack.

Glaze

Mix powdered sugar + pineapple juice and drizzle over bread.

Nutritional facts: Calories 251kcal: Carbohydrates 49g, Protein 3g, Fat 5g, Saturated Fat 3g, Fiber 1g, Sugar 32g.

Pumpkin Bread

Preparation Time: 20 min

Cook Time: 1 hour

Servings: 10

Ingredients

15 oz can pumpkin

2 cups flour

1 1/2 cups sugar

6 eggs beaten

3 oz vanilla pudding, cooked

3 oz butterscotch pudding, cooked

2/3 cup cinnamon applesauce

1 tsp cinnamon

1/2 cup oil

1 tbsp. pumpkin pie spice

2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

Cream Cheese Glaze

4 oz cream cheese, softened

½ cup powdered sugar

3 tbsp milk

Instructions

In a large bowl, whisk together the pumpkin + eggs + applesauce + oil.

- In another bowl, mix all the other ingredients. Stir in the pumpkin mixture into the flour mixture until combined.
- Pour the mixture into greased loaf pans and bake at 350^0 F for 55-60 minutes or until a toothpick inserted in the center comes out clean.
- Place the pans on a wire rack for about 10 minutes. Remove the loaf from the pans and cool completely on wire racks.

For the Cream Cheese Glaze:

- Beat cream cheese with an electric mixer for 1-2 minutes.
- Add in the powdered sugar and continue mix for a minute.
- Next, pour in the milk and continue mixing on low speed until smooth.
- Drizzle your bread with the cream cheese glaze or serve as a dipping side if desired.

Nutritional facts: Calories 260.3 Kcal: Carbohydrates 46g, Protein 3g, Fat 9g, Saturated Fat 0.7g, Fiber 1.3g, Sugar 26g.

Sweet Coconut Bread

Preparation Time: 1 hour

Cook Time: 10 min

Servings: 12

Ingredients

2 eggs

1 cup sugar

1/2 cup coconut oil

1/2 cup milk

1/2 cup flaked coconut, sweetened

1/2 cup pecans, chopped

1 tsp. coconut extract

1 1/2 cups flour

1/4 tsp. baking soda
1/2 tsp baking powder
1/2 tsp salt

Sweet Coconut Glaze:

1/2 cup sugar
1/4 cup water
1 Tbsp. butter
1 tsp. coconut extract

Instructions

Preheat oven to 350^0 F. Lightly spray an 8" loaf pan with cooking spray. Set aside.

Stir together all ingredients for the bread and transfer the dough into prepared pan.

Bake for 1 hour, or until internal temperature registers at 200^0 F. Remove bread from oven and let cool in the pan while you make the glaze.

To Make the Glaze

Boil sugar + water + butter for 5 minutes. Remove from heat and then add the coconut extract.

Pour over bread while loaf is still in the pan and top with additional

coconut flakes and chopped pecans, if desired.

Allow the bread to cool for 30 minutes an remove from the pan and transfer to a foil.

Nutritional facts: Calories 303kcal: Carbohydrates: 40g, Protein: 3g, Fat: 9g, Saturated Fat: 29mg, Fiber: 1g, Sugar: 27g.

Rosemary Orange Bread

Preparation Time: 20 min

Cook Time: 45 min

Number of Servings: 1 loaf

Ingredients

1 package active dry yeast

3/4 cup warm water

3/4 cup orange juice

2 tbsp honey

1 tbsp vegetable oil

1 tbsp minced fresh rosemary

2 tsp salt

1 tsp orange zest, grated

4 ½ cups all-purpose flour

1 large egg white

Instructions

- In a large bowl, dissolve yeast in warm water.
- Add orange juice + honey + oil + rosemary + salt + orange zest + 2 cups flour. Beat until smooth. Mix in enough remaining flour to form soft dough.
- Turn onto a floured surface and knead until smooth and elastic for 6-8 minutes. Place in a greased bowl and grease the top.
- Cover and let rise in a warm place until doubled for about an hour.
- Shape the dough into baguette.
- Place seam on a greased baking sheet. Cover and let rise for about 30 minutes or until nearly doubled.
- Bake at 375^0 F for 20 minutes. Whisk egg white and brush over loaf. Place small sprigs of rosemary and peppercorns on top if desired.
- Bake 25 minutes longer or until browned. Remove from pan to wire rack to cool.

Nutritional facts: Calories 130kcal: Carbohydrates 26g, Protein 3g, Fat 1g, Saturated Fat 0, Fiber 1g, Sugar 4g.

Sourdough Bread Recipes

Sourdough breads are a great alternative to the conventional breads. They have lower phytate levels, which makes them super-nutritious and easier to digest. Research has also shown that sourdough breads are a healthy option for people suffering from diabetes. Here are some few recipes I have prepared for you.

Sourdough Artisan Bread

Preparation Time: 6 hours

Cook Time: 30 min

Servings: 2 loaves

Ingredients

400 g all-purpose flour

2 ½ cups warm water

1 ½ cup active sourdough starter

2 tbsp honey

3 tsp salt

Instructions

Mix all ingredients together in the bowl of a stand mixer or large mixing bowl just until combined. Let sit for 15 minutes.

Knead for 8 to 10 minutes by hand. You may add more flour as needed, a little at a time. The dough should be tacky, but not cling to your finger.

Transfer to a medium-sized bowl, lightly coated with oil and cover with plastic. Let rise for 3 hours, turning and folding the dough once or twice.

Remove dough, turn and fold again, and place it back in the bowl, seam-side up. Let rise for another 2 hours. After the second rise, place a square of parchment on a cookie sheet. Sprinkle the dough with flour and gently shape it into a ball or oval and set on the parchment. Shape it in your hands right over the parchment. Make sure there's a good coating of flour on the top, as this will make slicing the top easier.

Place a cookie sheet into a cold oven and preheat to 450^0 F.

To try and get the crust we all love, you'll need to create some steam:

put a pan with water on the bottom rack to heat OR spray the dough with water right before putting in the hot oven to bake. Also, if you have any deep lid that will fit over the dough and allow to rise, you can add that OR try tenting aluminum foil over the top.

Slash and use parchment corners to transfer dough to the cookie sheet and bake for 15 minutes. Turn the dough halfway and then bake for another 20-25 minutes until done.

Place on a wire rack to cool at least 30 minutes before cutting.

Nutritional facts: Calories 119kcal: Carbohydrates 25.5g, Protein 3.2g, Fat 0.3g, Saturated Fat 0.1g, Fiber 0.8g, Sugar 1.5g

No Gluten Sourdough Bread

Preparation Time: 12 hours

Cook Time: 35 min

Servings: 12

Ingredients

- 2 cups gluten free sourdough starter
- 2/3 cup water
- 4 large eggs, lightly whisked
- 1 cup tapioca flour
- 1 1/2 cup sorghum
- 1 cup oat flour
- 1 cup millet flour

1 tbsp salt

2 tbsp sugar

2 tbsp xanthan gum

1/3 cup oil or softened butter

Instructions

In a large bowl, stir together the starter + water+ eggs.

In a separate bowl, mix all of the flours + salt + xanthan gum + sugar.

Add the oil or butter to the dry ingredients. Use your mixer to mix until well blended.

While the mixer is on low, slowly pour the liquid ingredients into the dry ingredients. Don’t do it once or too quickly, you may end up with lumpy dough. If you are mixing by hand, pour it approximately a cup at a time and mix.

Let the dough sit out in a warm place for at least 6 hours.

When baking, place the dough on parchment paper on a flat surface. You should be gentle with the dough so that it keeps the air bubbles intact from the sourdough action. Let it rest for 4-8 hours.

Preheat the oven to 500^0 F with a cast iron Dutch oven. You can also use 1 1/2 quart Corning ware casserole dish with glass lid.

- Gently slice the top of the loaf a few times with a serrated knife and place into the preheated pan.
- Bake for 15 minutes.
- Take off the cover and reduce heat to 450^0 F. bake for another 20 minutes.
- Let the bread cool completely before slicing.

Nutritional facts: Calories 159 kcal: Carbohydrates 50g, Protein 4g, Fat 2.3g, Saturated Fat 0.2g, Fiber 2.2g, Sugar 1.2g.

Honey Sourdough Bread

Preparation Time: 18 hours

Cook Time: 35 min

Servings: 2 loaves

Ingredients

- 1 1/2 cup whole wheat sourdough starter
- 2 cup whole milk or water
- 1/4 cup mild honey
- 2 large eggs
- 6 cup whole wheat flour, plus extra for kneading
- 2 tsp. sea salt
- 6 tbsp. unsalted butter or coconut oil

Instructions

- Make a sponge the night before, by mixing the starter with the milk and 3 cups of flour.
- Cover and leave at room temperature overnight, or you can turn the oven on to 350 degrees for one minute exactly to get the sourdough yeast to be most active.
- The next morning, stir the sponge before beginning.
- Add in the honey + eggs, stirring until incorporated.
- Add the remaining flour + salt + butter and use your dough hook to fully mix, and then knead for 5-7 minutes, adding more flour as necessary.
- Cover the dough with a towel or a plastic wrap and put it back in the oven, 350^0 F for exactly one minute and then off. Let it rise for 2 to 4 hours, depending on the strength of the starter and the heat in your kitchen.
- Butter two 9×5-inch loaf pans.
- Once the dough has doubled in size, pour it into the loaf pans.
- Cover the pans with plastic wrap and put them in the oven 2-3 hours

and repeat 350^0 F for a minute and off.

- When the dough has risen at least to the top of the pans or a half-inch above, take out the loaves and place a rack in the middle of the oven. Preheat to 375^0 F.

- Slash loaves down the middle, then immediately bake for 35-40 minutes; until they are honey brown and sound hollow when tapped on the top. Be careful not to over bake this bread or it will be dry.

- Remove the loaves from the pans and let cool completely on wire racks before slicing.

Nutritional facts: Calories 600 Kcal: Carbohydrates 45g, Protein 39g, Fat 8g, Saturated Fat 1g, Fiber 18g, Sugar 3g.

Sourdough Soda Bread

Preparation Time: 20 hours

Cook Time: 70 min

Servings: 6

Ingredients

1 cup sourdough starter

2 cups milk
4 cups whole grain flour of choice + extra
1 tbsp extra-virgin olive oil
2 tsp sea salt
2 tsp baking soda

Instructions

Whisk together sourdough starter + milk in a large bowl.

Stir in flour until combined.

Let sit for a couple of minutes to let flour absorb liquid.

Continue to add flour, 1 tablespoon at a time, until the dough is tacky.

Put dough ball back in the bowl and sprinkle a tablespoon of olive oil.

Cover bowl with a tea towel and plate.

Set aside for 8 hours or overnight

Grease loaf pan and dust with a bit of cornmeal or flour.

Sprinkle baking soda and sea salt on dough and knead for 3 to 5 minutes. Shape dough into a loaf and place it in bread pan.

- Slice dough across the top to allow for expansion.
- Place loaf in the oven and set to 375^0 F. bake for about 40 minutes.
- Cover with a piece of parchment paper to prevent over-browning and bake for another 30 minutes.
- Once baked, remove from oven and rub with a bit of butter over the top.
- Let bread rest for a few minutes, then transfer to a cooling rack.
- Cool completely.

Nutritional facts: Calories 225 Kcal: Carbohydrates 154g, Protein 32g, Fat 2.5g, Saturated Fat 1.2g, Fiber 3g, Sugar 2.7g.

Pizza Recipes

Preparing a homemade pizza may sound a bit hectic. After all, you can order one to arrive in minutes. However, nothing comes close to the satisfaction of knowing that you have actually prepared the food you're eating and that you're certain of the ingredients you have used.

Here are some of my favorite pizza recipes you can try out.

Easy 20-Minutes Pizza

Preparation Time: 30 min

Cook Time: 20 min

Servings: 16 slices

Ingredients

2 ½ cups warm water

1 tsp sugar
2 tsp active dry yeast
7 cups all-purpose flour and extra for dusting
6 tbsp extra virgin olive oil + 1 tbsp for greasing
1 ½ tsp kosher salt
¼ cup semolina flour
28 oz canned tomatoes, whole
1 tbsp kosher salt

Instruction

Add sugar + yeast in the warm water to bloom the yeast. Let sit for 10 minutes, until bubbles form on the surface.

In a large bowl, combine the flour + salt + olive oil + bloomed yeast mixture. Using a spoon, mix until the dough becomes tacky.

Turn the dough out onto a clean work surface and knead for 10 more minutes and mold into a taut round.

Grease a clean, large bowl with olive oil and place the dough inside, turning to coat with the oil. Cover with plastic wrap and Let rise for at least an hour.

Punch down the dough and turn it out onto a lightly floured work surface. Knead for another minute or so. Cut into 4 equal portions and shape into rounds.

Lightly flour the dough, then cover with a kitchen towel and let rest for another 30-50 minutes. Meanwhile, prepare the sauce and any other ingredients.

Preheat the oven to 450^0 F. Place a pizza stone, heavy baking sheet, or cast iron skillet in the oven.

Meanwhile, make the pizza sauce: Add the salt to the can of tomatoes and puree with a blender or food processor until smooth.

Once the dough has rested, stretch and press into a thin round shape. Make it thinner as it will slightly shrink and puff up during baking.

Sprinkle semolina onto an upside down baking sheet and place the stretched crust onto it. Add the sauce and ingredients of your choice.

- Slide the pizza onto the preheated pizza stone or pan. Bake for 15 minutes or until the crust and cheese turns golden brown.
- Add any garnish of your choice.

Nutritional facts: Calories 302 kcal: Carbohydrates 50g, Protein 6g, Fat 7g, Fiber 2g, Sugar 1g.

Pizza Crust

Preparation Time: 1 hour 30 min

Cook Time: 10 min

Servings: 3 crusts

Ingredients

1 ½ cups warm water

2 tsp sugar

1 tsp white vinegar

2 ½ tsp active dry yeast

4 cups bread flour and extra for dusting

3 tbsp extra virgin olive oil + 1 tbsp for greasing

1 ½ tsp salt

Instruction

- Add sugar + yeast in the ½ cups of warm water to bloom the yeast. Let sit for 5 minutes, until bubbles form on the surface.
- Add olive oil + salt + vinegar + 1 cup of water to the yeast mixture.
- Start mixing the dough gradually adding flour for about 5-7 min until it becomes smooth but slightly sticky.
- Grease a clean, large bowl with olive oil and place the dough inside, turning to coat with the oil. Cover with plastic wrap and Let rise for at least an hour.
- Punch down the dough and turn it out onto a lightly floured work surface. Knead for another minute or so. Cut into 3 equal portions and shape into rounds.
- Lightly flour the dough, then cover with a kitchen towel and let rest for another 30-50 minutes. Meanwhile, prepare the sauce and topping you like.
- Preheat the oven to 450^0 F. place a pizza stone, heavy baking sheet, or cast iron skillet in the oven.

Spray the dough with some oil and prebake the crust for 5 min.

Remove from the oven and brush with the sauce and add topping.

Bake for 15 min more or until golden crust, enjoy!

Nutritional facts: Calories 745 kcal: Carbohydrates 130g, Protein 17g, Fat 15g, Fiber 5g, Sugar 3g.

Fast Pizza Dough

Preparation Time: 15 min

Cook Time: 20 min

Servings: 3 crusts

Ingredients

1 cups warm water

2 tsp honey

2 ½ tsp rapid rise yeast

2 ½ cups all-purpose flour and extra for dusting

2 tbsp olive oil + 1 tbsp for greasing

1 tsp salt

1 tsp Italian seasoning

Instruction

Combine yeast + warm water. Stir until the yeast is dissolved.

Add flour + olive oil + salt + honey + to the yeast mixture. Using a spoon, mix until the dough becomes tacky.

Turn the dough out onto a clean work surface and knead for a few more minutes.

Shape the ball and let it rest for 10 min.

Preheat the oven to 450^0 F. place a pizza stone, heavy baking sheet, or cast iron skillet in the oven.

Grease the baking sheet with some oil.

Roll the dough in a circle .

Combine oil + Italian seasoning and brush the pizza crust with this

mixture.

Prebake the dough for 7 min.

Remove from the oven and drizzle it with the sauce and add topping.

Bake for 15 min more or until golden crust, enjoy!

Nutritional facts: Calories 370 kcal: Carbohydrates 35g, Protein 4g, Fat 3g, Fiber 1g, Sugar 2g.

No Bake Tortilla Pizza

Preparation Time: 5 min

Cook Time: 5 min

Servings: Each tortilla pizza serves one

Ingredients

- 8-inches flour tortillas
- Grated mozzarella cheese
- Tomato sauce
- Fresh basil leaves, thinly sliced
- Toppings of choice

Instructions

- Preheat oven to 500F and place a cast iron skillet inside.
- In the meantime, sprinkle the tortilla top with a thin layer of tomato sauce and grated mozzarella cheese.
- Top with your favorite toppings and sprinkle basil on top.
- Place in the skillet until the cheese is brown and the edges of the tortilla are browning.
- Remove, slice, and enjoy.

Nutritional facts: Calories 500 Kcal: Carbohydrates 80g, Protein 20g, Fat 7g, Saturated Fat 3g, Fiber 3g, Sugar 5g.

Italian Pizza

Preparation Time: 1 hour

Cook Time: 7 min

Servings: 8 slices

Ingredients

- 1 thin pizza crust dough, pre-made
- 1/3 cup pizza sauce
- ¾ cup mozzarella cheese, shredded
- 3 tbsp basil pesto

Instructions

- Place a pizza stone in the oven and preheat to 500°F.
- You can use any pizza dough recipe described above.
- Spread the pizza sauce over the dough using the back of a spoon to create a thin layer. Add the mozzarella cheese and a few pinches of kosher salt.
- Using the pizza peel, carefully transfer the pizza onto the preheated pizza stone. Bake the pizza until the cheese and crust are browned, about 5 to 7 minutes in the oven.
- Dollop with the basil pesto. Slice into pieces and serve immediately.

Nutritional facts: Calories 650 Kcal: Carbohydrates 105g, Protein 25g, Fat 7g, Saturated Fat 3g, Fiber 3g, Sugar 4g.

Italian Rustic Pizza

Preparation Time: 20 min

Cook Time: 25 min

Servings: 8

Ingredients

- 1 yellow bell pepper, medium
- 1 ball pizza dough, home-made
- Olive oil, for grilling dough
- 1 cup pizza sauce
- ¾ cup ricotta cheese
- 4 oz prosciutto
- ¼ cup fresh basil leaves, roughly torn

3 tbsp pistachios, crushed

2 tsp balsamic vinegar, for drizzling

Instructions

Roast yellow pepper in oven or over an open flame until very dark all over. Place in small bowl; cover with plastic wrap and let stand 5 minutes. Rub skin off pepper, remove seeds and stem, and thinly slice. Set aside.

You can use any pizza dough recipe described above.

Spread the pizza ball into any shape you want and grill for 2 minutes each side. If you are using the store-bought version, follow the package directions. A few minutes before crust is fully cooked, top with pizza sauce + ricotta + prosciutto + roasted yellow pepper. Cook until toppings are warm and crust is cooked through. Remove from grill.

Sprinkle pizza with basil and pistachios; drizzle with balsamic. Slice and serve immediately.

Nutritional facts: Calories 370 Kcal: Carbohydrates 13g, Protein 16g, Fat 41g, Saturated Fat 15g, Fiber 3g, Sugar 3g.

Focaccia Recipes

Focaccia not only provides your body with complex carbohydrates to boost your energy levels but also help regulate blood sugar level. If you have been feeling lethargic of late, these recipes will help boost your energy levels.

Rosemary Garlic Focaccia

Preparation Time: 1hr 40mins

Cook Time: 20 mins

Servings: 15

Ingredients

½ cup extra-virgin olive oil

2 garlic cloves, finely minced
1 tsp fresh thyme, chopped
1 tbsp fresh rosemary, chopped
¼ tsp black pepper, freshly ground
1 cup warm water
2 ¼ tsp active dry yeast
¼ tsp honey
2 ½ cups all-purpose flour
½ tsp kosher salt

Instruction

In a cold medium skillet, combine olive oil + minced garlic + thyme + rosemary + black pepper. Place the pan over low heat and cook for 5 to 10 minutes or until aromatic, but before the garlic browns. Set aside.

In a large bowl, combine the warm water + yeast + honey. Stir a few times then let sit for 5 minutes.

Add 1 cup of flour and a 1/4 cup of the infused garlic-olive oil mixture to the bowl with yeast and honey. Stir 3 to 4 times until the flour has moistened. Let sit for another 5 minutes.

Stir in the remaining 1 1/2 cups of flour and the salt until the dough comes together. Transfer to a floured board and knead 10 to 15 times until smooth.

Transfer the dough to a large oiled bowl, cover with a warm, damp

towel and let rise for 1 hour.

- After 1 hour, heat the oven to 450^0 F.
- Use two tablespoons of the remaining garlic-olive oil mixture to oil a 9-inch by 13-inch rimmed baking sheet.
- Transfer the dough to the baking sheet then press it down into the pan. Use your fingers to dimple the dough. Drizzle the top with the remaining 2 tablespoons of the garlic-olive oil mixture. Let the dough rise for 20 minutes until it puffs slightly.
- Bake for 15 to 20 minutes, until golden brown.
- Cool baked focaccia bread on a wire rack, slice and serve.

Nutritional facts: Calories 250 Kcal: Carbohydrates 35g, Protein 5.1g, Fat 8.2g, Saturated Fat 1.2g, Fiber 1.9g, Sugar 0.6g.

Roasted Cranberry Focaccia

Preparation Time: 10 min

Cook Time: 25 min

Servings: 6

Ingredients

1 ½ cup cranberries, fresh

2 tbsp pure maple syrup

1 tbsp honey

1 tbsp sweet onion, finely chopped

½ tsp thyme or rosemary, freshly chopped

1/4 tsp salt

1/2 cup goat feta cheese, crumbled

Instructions

- How to bake focaccia, please, see the previous recipe.
- After baking your focaccia, lower your oven temperature to 375^0 F.
- Mix cranberries + maple syrup + honey + onion + thyme + salt in an 8" x 8" baking dish. Roast until the cranberries burst and the mixture is bubbling and caramelized, about 15 minutes. Remove from oven and mash the cranberries until the mixture is nice and thick.
- Once your focaccia is baked, top with your roasted cranberry mixture and cheese.
- Place focaccia back into the oven until the cheese is nice and bubbly, about 10 minutes.
- Remove, slice, and serve hot.

Nutritional facts: Calories 500 Kcal: Carbohydrates 70g, Protein 14g, Fat 17g, Saturated Fat 5g, Fiber 2.2g, Sugar 2g.

Garden Focaccia Bread

Preparation Time: 25 min

Cook Time: 13 hours

Servings: 8

Ingredients

3 cups all-purpose flour

1 tsp salt

½ tsp instant yeast

1 ½ cups ice water

2 tbsp olive oil, divided

2 tsp honey

tomatoes, chives, bell pepper, fresh basil, thyme to create the picture of a garden

Instructions

Whisk together water + honey + salt + yeast in a large mixing bowl. Add the flour and stir with a wooden spoon until the dough is sticky, but a bit rough.

Lightly grease the dough and cover with a clean kitchen towel or plastic wrap and let rise at room temperature for 10 to 13 hours.

Coat a baking sheet with 1 tablespoon olive oil. Place the dough from the bowl onto the prepared baking sheet. Brush the remaining tablespoon of olive oil over the dough. Use your fingertips to press the dough into the corners of the pan. Cover the dough and let it sit for 15 min.

- Meanwhile, heat your oven to 475^0 F.
- Using your imagination create the garden on your focaccia. Place the vegetables on the dough slicing them like you need. Be sure to press well the slices into the base of the dough. You can also ask your children to help you with this process. I’m sure they will like it!

- After the picture is ready, bake focaccia for 15 to 20 minutes or until the dough is golden brown.

Nutritional facts: Calories 230 Kcal: Carbohydrates 40g, Protein 7g, Fat 5g, Saturated Fat 0,5g, Fiber 3.5g, Sugar 3,5g.

No Knead Focaccia Pizza

Preparation Time: 25 min

Cook Time: 35 min

Servings: 8

Ingredients

- 4 cups all-purpose flour
- 2 tsp salt
- 1 tsp instant yeast
- 2 cups water, room temperature
- 4 tbsp olive oil, divided
- 8 oz whole milk ricotta
- 14.5 oz tomatoes, peeled and drained

4 oz mozzarella cheese, sliced into ¼ inch thick cubes
Dried basil and thyme, for garnish, optional

Instructions

- Whisk together the flour + salt + yeast in a large mixing bowl. Add the water + 1 tablespoon olive oil and stir with a wooden spoon until the dough is sticky, but a bit rough. Cover with a clean kitchen towel or plastic wrap and let rise at room temperature for 8 to 10 hours.
- 2 hours before baking, coat a rimmed baking sheet with 2 tablespoons olive oil. Make sure you get it into the corners. This will make for tender crisp edges. Use a spatula to pour the dough from the bowl onto the prepared baking sheet. Drizzle the remaining tablespoon of olive oil over the dough. Use your fingertips to press the dough into the corners of the pan. Cover the dough and rest for another hour.
- While the focaccia rests, heat your oven to 425^0 F.
- Before baking, gently spread the ricotta over the dough, it is ok to have some pockets of ricotta. Place tomatoes evenly across the top of the dough and top with mozzarella slices.
- Bake the focaccia for 20 to 25 minutes or until the dough is golden brown and the cheese has melted and is just beginning to brown.

Nutritional facts: Calories 630 Kcal: Carbohydrates 80g, Protein 12g, Fat 14g, Saturated Fat 4g, Fiber 2.3g, Sugar 2g.

Garlic Parmesan Focaccia

Preparation Time: 10 min

Cook Time: 20 min

Servings: 6

Ingredients

1 cup all-purpose flour, divided

3 tbsp butter, melted

1 tbsp parmesan cheese, grated

¼ tsp garlic powder

¼ tsp Italian seasoning

1 tsp + 2 tbsp olive oil, divided

¾ cup warm water

½ tsp granulated sugar
1 tsp yeast, rapid rise
½ tsp kosher salt

Instructions

- Preheat oven to 250^0 F and then turn it off. Next, brush a 10-inch skillet with 1 tsp olive oil.
- In a large mixing bowl, combine water + sugar + yeast + salt. Stir for 5 minutes or at least the sugar and salt dissolves.
- Add in 2 tbsp of olive oil and continue mixing.
- Transfer the dough onto a flour-dusted surface and shape into a ball. Using your fingers, press the dough into the oiled skillet, ensuring it covers all sides. Cover with a dry kitchen towel and place the skillet in the warm oven for 30 minutes.
- Next, remove the skillet from the oven and step up the heat to 400^0 F.
- Mix the melted butter + parmesan + garlic + seasoning in a small bowl. Brush the dough with half of the butter mixture.
- Indent the dough with your fingers and brush with the melted butter mixture.
- Place the skillet in preheated oven and continue baking 20 minutes.
- Once ready, brush with the remaining butter, allow it to cool slightly, slice, and enjoy.

Nutritional facts: Calories 338 Kcal: Carbohydrates 27g, Protein 13g, Fat 12g, Saturated Fat 1.2g, Fiber 2.3g, Sugar 2g.

Ciabatta and Baguette Recipes

Your breakfasts have never been this enjoyable than with these baguette recipes. And the good thing is, they’re super-easy to make. Plus, the ingredients are readily available.

Italian Ciabatta Bread

Preparation Time: 10 min

Cook Time: 25 min

Servings: 1 loaf

Ingredients

- 2 cups+ 3 tbsp all-purpose flour, divided
- 1 cup + 1 tbsp lukewarm water, divided
- 2 tbsp active dry yeast
- ½ tbsp honey
- 1 tsp salt

Instructions

- In a small mixing bowl, add 1 cup of water+ yeast + honey, and allow the mixture to sit for 5 minutes.
- In a separate bowl add the flour + yeast mixture + the remaining water. Whip thoroughly with a wooden spoon, and sprinkle in the salt. Continue combining until you have loose and sticky dough.
- Sprinkle the dough's top with a spoonful of the remaining flour and cover with a large tea towel. Let it rise for 2 hours.
- In the meantime, pre-heat your oven to 425 F.
- As the oven heats, line a medium cookie sheet with parchment paper and sprinkle with a tablespoon of flour.
- Carefully transfer the dough to the cookie sheet, floured side facing the top.
- Next, place a pan at the oven's bottom and put 5 ice cubes on top to create vapor.
- Bake your bread for 25 minutes.
- Let it cool and serve. Enjoy!

Nutritional facts: Calories 100 Kcal: Carbohydrates 70g, Protein 12g, Fat 4g, Saturated Fat 0.1g, Fiber 2.3g, Sugar 3g.

Ciabatta Pizza Loaf

Preparation Time: 10 min

Cook Time: 20 min

Servings: 6 slices

Ingredients

1 ciabatta loaf, cold and sliced in half lengthwise

2 tbsp olive oil

1 tbsp garlic powder

2 cups marinara sauce

½ tsp basil, dried

½ tsp oregano, dried

1 cup provolone cheese, freshly grated

1 cup mozzarella cheese, freshly grated
½ cup Fontina cheese, freshly grated
½ cup parmesan cheese, finely grated
½ cup grated parmesan cheese, for topping
A handful of mini pepperoni for topping
A pinch of fresh basil for topping
A pinch of fresh oregano for topping

Instructions

Preheat your oven to 425 F.

Next, drizzle your sliced ciabatta bread with olive oil + garlic + marinara sauce+ dried basil + oregano.

Mix all the different cheeses together and evenly sprinkle on top of the bread slices.

Top with the mini pepperoni and bake for 20 minutes, until golden brown.

Remove from the oven and sprinkle parmesan cheese and fresh herbs on top.

Slice and serve.

Nutritional facts: Calories 908 Kcal: Carbohydrates 190g, Protein 28g, Fat 2.5g, Saturated Fat 0.3g, Fiber 2.3g, Sugar 2g.

Classic French Baguette

Preparation Time: 2 hours 30 min

Cook Time: 30 min

Servings: 12 servings

Ingredients

- 3 ½ cups all purpose flour
- 1 ½ cups water + 1 tbsp water, separated
- 2 tsp salt
- 1 tsp instant yeast
- 1 tbsp honey

Instructions

- Combine all the ingredients in a large bowl and mix properly. Add water little by little until you have a smooth mixture. The rest 1 tbsp of water keep for drizzling the preheated oven to make steam while baking.
- Cover with a plastic wrap and allow the dough to rest for 15 minutes. Once 15 minutes have elapsed, stretch and fold the dough and flip. Continue this process over a period of 2 hours.
- Once ready, divide into 3 equal parts and create rectangle shapes.
- In the meantime, start preheating your oven until it reaches 500 F. While at it, insert a bread pan in the bottom rack and fill it with water.
- Stretch the rectangular dough into small cylinders and seal the seams. Next, roll them until they’re 15 inches wider.
- Next, lightly flour your baguette baking trays and place the dough pieces, seam side facing up.
- Open the oven and slide the baguettes baking trays inside. Bake for 15 minutes.
- After 15 minutes rotate the baguettes. Reduce the temperature to 450 F and continue baking for 15 more minutes.

Remove, slice, and enjoy.

Nutritional facts: Calories 158 Kcal: Carbohydrates 40g, Protein 5g, Fat 1g, Saturated Fat 0.1g, Fiber 1.3g, Sugar 2g.

Ficelle Baguettes

Preparation Time: 20 min

Cook Time: 35 min

Servings: 3 breads

Ingredients

2 cups all-purpose flour

1 tsp kosher salt

1 cup lukewarm water

½ tsp sugar

1 tbsp non-rapid active dry yeast

Instructions

In a processor, mix 2 cups flour + salt and blend for a 30 seconds. Next, mix the sugar in hot water and add the yeast. Allow it to proof for some few minutes.

Next, add proofed yeast to the flour and continue processing for 30 seconds until it becomes less sticky.

Oil your hands and remove the dough form the processor. Continue kneading and stretching for 5 minutes and divide into 3 equal parts.

Roll the dough with your hands into long rolls, ensuring they are 1 inch shorter than the ficelle pan.

Next, lightly grease your ficelle pan with cooking spray and place the dough inside.

Place the ficelle pan in cold oven for 40 minutes to facilitate rising.

Place a water-filled pan on the bottom rack and step up the oven heat to 400 F. Bake for 15 minutes and remove the water pan. Flip and

continue baking for 10 more minutes.

Remove, slice and enjoy with your favorite dipping.

Nutritional facts: Calories 200 Kcal: Carbohydrates 140g, Protein 27g, Fat 4g, Saturated Fat 0.3g, Fiber 2.2g, Sugar 4g.

Conclusion

Once you realize how easy it is to bake, and how much better home-baked recipes taste compared to the ones you buy at the store, you will never crave for any store-baked bread, pizza, or other type of bread. Better yet, baking at home is cost-effective, convenient, and the recipes are custom-made to meet your dietary requirements. And I’m happy to walk you through your baking journey throughout this book.